

NEWS RELEASE

October 18, 2006

Note to Journalists: A news conference will take place Oct. 28 at 10 a.m. at the Visitors' Center at White River State Park, Indianapolis. State Health Commissioner Judith A. Monroe, M.D.; Director of Purdue Extension David Petritz; and representatives of the Governor's Council for Physical Fitness and Sports and the White River State Park will participate.

Walk Across Indiana to get Hoosiers moving around the state

WEST LAFAYETTE, Ind. — In an effort to get Hoosiers walking, 26 counties will take part in activities the week of Oct. 21- 28 as part of INShape Indiana – Walk Across Indiana.

Walk Across Indiana is part of the INShape Indiana health initiative and is sponsored by the Purdue University Cooperative Extension Service, the Governor's Council for Physical Fitness and Sports, and the Indiana State Department of Health. The purpose of the event is to promote the health benefits of walking.

"A brisk walk every day is a great way to improve cardiovascular health and decrease the risk of heart attack," said state health commissioner Judith A. Monroe, M.D. "Walking on a regular basis can help control blood pressure, reduce stress, improve muscle strength to prevent falls, decrease depression and manage weight."

Events across the state include one-day organized walks and efforts to get people to walk on their own and keep track of their progress. To learn more about local events, participating counties and local contacts are listed below.

"Walk Across Indiana is part of Purdue Extension's Healthy People, Healthy Communities coalition's efforts," said Karen Zotz, Purdue Extension's Consumer and Family Sciences program director. "We are partnering with local groups across the state to promote community planning, which includes an emphasis on physical activity."

The Governor's INShape Indiana initiative challenges Hoosiers to adopt healthier behaviors by connecting them to programs and services that will help them to increase their physical activity, improve their daily nutrition and quit smoking. More information is available online at <http://www.INShape.IN.gov>.

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"INShape Indiana is about taking the first step toward better health," said Eric Neuburger, executive director of the Governor's Council on Physical Fitness and Sports. "What better way to make that move than by walking?"

Walk Across Indiana and INShape Indiana sponsors include Clarian Health Partners, Coca-Cola, Dick's Sporting Goods, and the Indiana State Police.

Counties holding Walk Across Indiana activities and contact information are as follows:

Allen County, Vickie Hadley, (260) 481-6826
Brown County, Barbara Bowman, (812) 988-5495
Clinton County, Susan Tharp, (765) 659-6380
Dearborn County, Peg Ehlers, (812) 926-1189
DeKalb County, Kendra Freeman, (260) 925-2562
Elkhart County, Mary Ann Lienhart Cross, (574) 533-0554
Floyd County, Janet Steffens, (812) 948-5470
Gibson County, Mary Duke, (812) 385-3491
Grant County, Teresa Witkoske, (765) 651-2413
Hancock County, Linda Herald, (317) 462-1113
Hendricks County, Beth Switzer, (317) 745-9260
Henry County, Pam Mihankhah, (765) 529-5002
Lake County, Corinne Powell, (219) 755-3240
Marion County, Christina Ferroli, (317) 275-9305, ext. 255
Monroe County, Sue Berg, (812) 349-2575
Montgomery County, Kathryn Tate, (765) 364-6363
Porter County, Annetta Jones, (219) 465-3555
Posey County, Genise Huey, (812) 838-1331
Putnam County, Jackie Baumann, (765) 653-8411
St. Joseph County, Edie Sutton, (574) 235-9604
Tippecanoe County, Laura Mueller, (765) 474-0793
Vanderburgh County, Susan Plassmeier, (812) 435-5287
Vigo County, Deanna Franklin, (812) 462-3371
Wabash County, Teresa Witkoske, (260) 563-0661
Warrick County, Mary Lou Elbert, (812) 897-6101
Wayne County, Georgia Wagner, (765) 973-9281

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Related Web sites:

Purdue Extension: <http://www.ces.purdue.edu/>

INShape Indiana: <http://www.INShape.IN.gov>

Indiana State Department of Health: <http://www.statehealth.IN.gov>